

# *Generous Hyperbole*

1. **Challenge that critical voice.**
2. **Make an "if-then" chart (If I do this - then that will happen).**
3. **Laugh at yourself.**
4. **Use your "shampoo" mantras.**
5. **Love yourself up with amazing affirmations.**
6. **Journal your fingers off! :-)**
7. **When it feels risky - do it anyway!**
8. **Throw down the hyperbole on a regular basis.**
9. **Contrast**
10. **We bloom when we are loved up  
- We have the ability to love ourselves.**